



## **H-PLUS Function Exercise: STRONG-QUICK**

### **Function Command: PLUS-STRONG-QUICK**

#### **Purpose:**

This is your H-PLUS Function exercise to learn to be much stronger, much quicker than you ever thought possible.

#### **Application:**

For instant, momentary muscular energy far beyond typical capability, where an emergency situation requires such application. Use only as needed; for short durations.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- **STRONG-QUICK** is effective with the H-PLUS Functions **ATTENTION**, **RELAX** and **SYNCHRONIZE**.

**Examples** – If you're confronted by a mugger, use **RELAX** and **ATTENTION** while surveying opportunities for escape and be ready with **STRONG-QUICK**. Use **STRONG-QUICK** if you need to change a flat tire with machine-tightened lug nuts. For any athletic endeavor, **SYNCHRONIZE** may maximize smoothness and coordination while **STRONG-QUICK** could be effective for intense effort.

## Please Note:

- You may notice increased lifting ability, increased power when hitting or kicking and the ability to sprint faster.
- Use the **RELEASE** Function when the need for **STRONG-QUICK** has passed.

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